

FAST AQUISITION SKILLS TRAINING (FAST)

BASIC BROADCASTER COURSE

WEEK 1 CORE (V&D)

	0730	0730	0730	0730	0730
CLASS DAY	0800 Hemi-Sync Demo (10) FAST-Ten (31)	Attention (11) FAST Nap (31) (11) Peak Performance	Attention (11) Peak Performance (11)	Attention (11) FAST Nap (31) (11) Peak Performance	Attention (11) Peak Performance (11)
OUT OF CLASS	DAY 1 FAST-Ten (31) Read Hemi-Sync Handout Sound Sleep (46)	DAY 2 FAST-Ten (31) Peak Performance (11) Sound Sleep (46)	DAY 3 Peak Performance (11) FAST-Ten (31) Sound Sleep (46)	DAY 4 Peak Performance (11) FAST-Ten (31) Sound Sleep (46)	DAY 5 Peak Performance (11) FAST-Ten (31) Sound Sleep (46)

## WEEK 2-3 CORE (V&amp;D)

2

0730	0730	0730	0730	0730
Attention (11)				
FAST Nap (31)		FAST Nap (31)		
Peak Performance (11)				
<u>DAY 6</u> 11 Peak Performance (11) Concentration (46) Sound Sleep (46)	<u>DAY 7</u> 12 Peak Performance (11) Concentration (46) Sound Sleep (46)	<u>DAY 8</u> 13 Peak Performance (11) Concentration (46) Sound Sleep (46)	<u>DAY 9</u> 14 Peak Performance (11) Concentration (46) Sound Sleep (46)	<u>DAY 10</u> 15 Peak Performance (11) Concentration (46) Sound Sleep (46)

WEEK 4-5-6 RADIO SKILL

DAY 16  
21  
26

DAY 17  
22  
27

DAY 18  
23  
28

DAY 19  
24  
29

DAY 20  
25  
30

0730

0730

0730

0730

0730

Attention (11)

Attention (11)

Attention (11)

Attention (11)

Attention (11)

FAST Nap (31)

FAST Nap (31)

FAST Nap (31)  
(day 19 only)  
"On the Air" (31)  
(in class)

FAST Nap (31)

Concentration (46)

Concentration (46)

Concentration (46)

Concentration (46)

PEAK PERFORMANCE(11)

Peak Peformance(11)

Peak Performance (11)

"On the Air" (31)

Sound Sleep (46)

Sound Sleep (46)

Sound Sleep (46)

"On the Air" (31)

Sound Sleep (46)

WEEKS 7-8-9-10 (not full week)Day 31

36

41

46

DAY 32

37

42

47

DAY 33

38

43

48

DAY 34

39

44

49

DAY 35

40

45

0730

0730

0730

0730

0730

Attention (11)

Attention(11)

Attention(11)

Attention(11)

Attention(11)

FAST Nap (31)

Sound Sleep (46)

WEEKENDS

Week 1-6

SATURDAY

FAST Nap (31)

Concentration (46)

Peak Performance (11)

Bedtime

SUNDAY

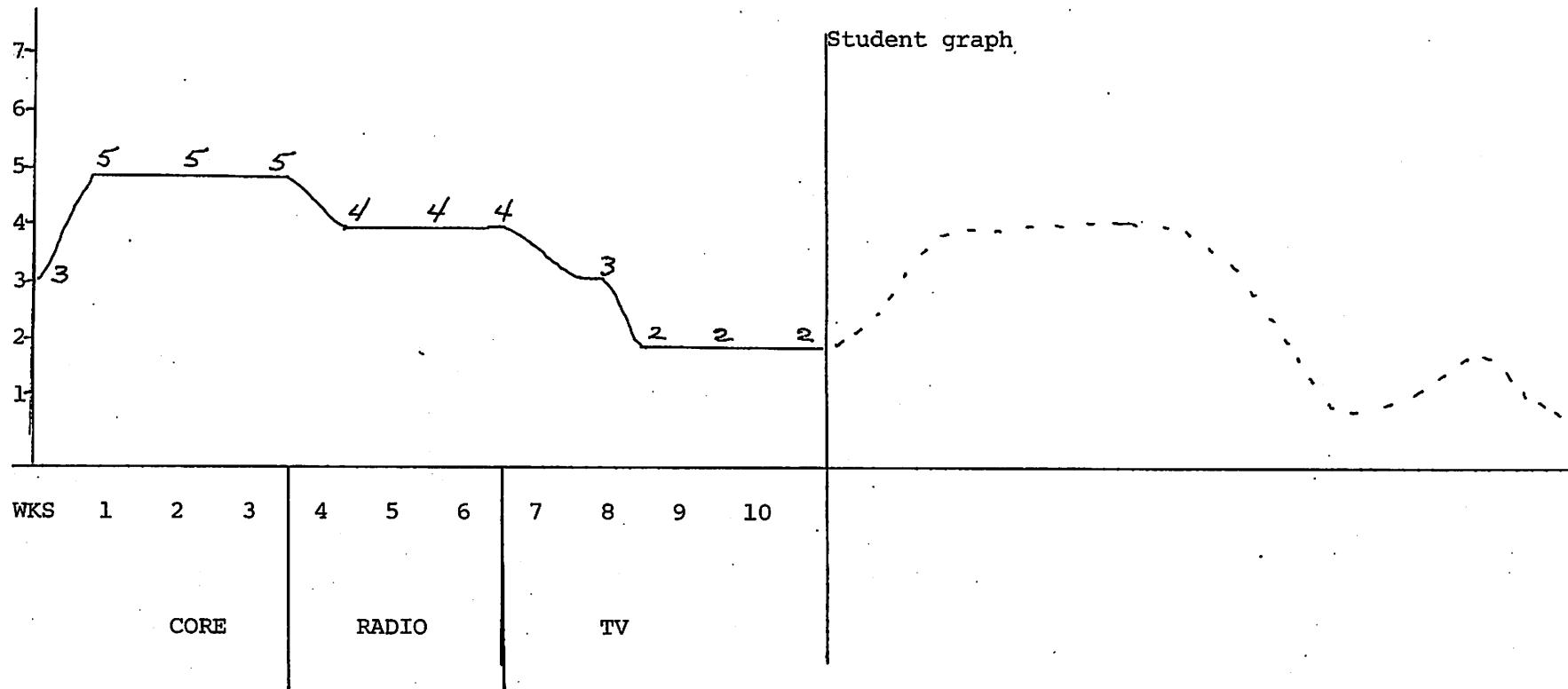
Attention (11)

Peak Performance (11)

Sound Sleep (46)

Bedtime

MIN. EXPOSURES REQUIRED



7 WEEK GRAPHIC